

NORFOLK NAVAL SHIPYARD & NAVAL MEDICAL CENTER PORTMOUTH

# Curl-up & Push-up Challenge

**Free!**

**ARE YOU PRT READY?**

**TEST YOUR CORE AND  
UPPER BODY STRENGTH.**



**EXERCISE YOUR OPTIONS**



**Complete a two-minute curl-up and/or push-up test  
anytime between 7 a.m. and 3 p.m. Monday through Friday.**

**AGE DIVISIONS: Men & Women - 17 to 19, 20 to 24,  
25 to 29, 30 to 34, 35 to 39, 40 to 44,  
45 to 49, 50 to 54, 55 to 59, 60 to 64 and 65 & older**

**Win a T-shirt when you beat the previous  
winner in your age division.**

**Open to active duty and DoD civilians.  
Call 967-2500 for more information.**